

Issaquah Senior Center

Newsletter



March 2022

Questions? Give us a call (425) 837-3339
or online at issaquahwa.gov/seniors

Monday	Tuesday	Wednesday	Thursday	Friday
Starts March 7 Tai Chi 9:00 AM	Restarts in April Mahjong 9:00 AM	S.A.I.L. Fitness Class 9:30 AM	Hand & Foot Cards 10:00 AM	S.A.I.L. Fitness Class 9:30 AM
	Knitting Group 10:00 AM Let's Talk About It 10:30 AM	Social & Simple cards & games 10:37 AM	March 3 & 17 Writing Your Family Story 10:00 AM	Pinochle 10:00 AM
S.A.I.L. Fitness Class 10:30 AM	Panera Delivery 11:45 AM	Mindfulness In Person & Zoom 11:00 AM	Happy Hookers Knitting 11:00 AM	
CCS Lunch 12:00 PM	CCS Lunch 12:00 PM	City Lunch 12:00 PM	City Lunch 12:00 PM	City Lunch 12:00 PM
March 14 & 28 Matinee Movie 1:00 PM	Pinochle 12:30 PM	March 2 & 16 Visual Journaling 1:00 PM	Driftwood Class 1-3 PM	
Line Dancing with Barbara Scott 1:00 PM	Hand & Foot Cards 12:30 PM	March 9 BINGO In Person & Zoom 1:00-2:00 PM	Yoga 1:15 PM	Senior Center Closes at 2 pm on Fridays
	Yoga 1:15 PM Chair Yoga 2:45 PM	March 2 & 16 Book Club In Person 1:00 PM		KEY Black Text = In Person Purple Text = Online



Issaquah Senior Center

425-837-3339

75 NE Creek Way, Issaquah, WA 98027

Monday to Thursday, 8:30 am to 4 pm

Friday, 8:30 am-2 pm

Lunch Served 12-12:30pm

BINGO! Both In Person & Virtually

Bingo Sponsor

March 9 at 1-2pm



Join Bingo Callers Tara & Betty for
In Person & Virtual BINGO.
Sign up early.

Call the Front Desk to register

Registration ends Tuesday, March 8



- If you have played before, use the same BINGO card.
If you are a new player, we will email or mail a permanent BINGO card. For in person, please bring your Bingo card.
- You can play at the senior center OR use your phone or computer to join Zoom.
- To join from your computer or other device at <https://us02web.zoom.us/j/4996438677>
- Zoom phone number: 1-669-900-6833, enter meeting ID: 499-643-8677#, press #

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Issaquah Senior Center
75 NE Creek Way
Issaquah, WA 98027
425-837-3339

Annette Brooks Lead Cook
Don Burnett..... Van Driver
Brian Berntsen Recreation Manager
Amanda Hefner Front Office
Tina Riehl Front Office
Dave Sao..... Van Driver
Wes Sorstokke..... Asst. Cook, Van Driver
Dave Waggoner Van Driver
Katharine Wismer .. Program Coordinator

In Person Activities

Enjoy the following in-person activities:

- **Writing Your Family Story Before it is Lost**
Thursdays, March 3 & 17 at 10-11:30 am

Newcomers welcome! We are a friendly, supportive writing group focused on writing stories from our past. Join others to learn how to capture engaging & entertaining stories that your family will treasure. No writing experience needed. Feel free to attend, even if just to listen.

- **Driftwood class, Thursdays, 1-3 pm**

Instructor: Dave Sao — Fee: \$5.00

- **Movie Matinee: Monday, March 14 at 1 pm**

Senior Moment-When a retired NASA test pilot gets his driver's license revoked for drag racing, he unexpectedly finds love while taking public transportation. 1 h 32 mins 2021 16+

- **Movie Matinee: Monday, March 28 at 1 pm**

King of Thieves-Based on infamous true events, a famous thief, Brian Reader (Sir Michael Caine), pulls together a band of misfit criminals to plot the biggest bank heist in British history. 1 h 48 min 2019 R

- **Visual Journaling**

Wednesdays, March 2 & 16, 1 pm-2:30 pm

New Year, new day. Starting in February Visual Journaling will meet on the first and third Wednesday from 1 to 2:30. No art experience necessary. Exploring thoughts and feelings through collage can relieve stress and build community. Come play with paper and glue in a positive, supportive environment.

- **In Person Book Club**

Wednesdays, March 2 and 16 at 1-2:30 pm

The book group meets in-person. Join other seniors for this unique book club! Come and share what you are reading and learn about books that others are reading.

Requirements at the Senior Center

- Scan your card upon entrance
 - Come to the front desk if you need one
- Bring your covid vaccination card.
- Everyone must wear a mask
- Please stay home if you experience any of the following symptoms
 - fever or chills • cough • shortness of breath or difficulty breathing • fatigue • muscle or body aches • headache • new loss of taste or smell • sore throat • congestion or runny nose • nausea or vomiting • diarrhea



AARP Tax-Aide Tax Return In Person Preparation February 23-April 13: By Appointment Only

AARP Tax-Aide's is pleased to offer its in person volunteer tax preparation service at the Issaquah Senior Center from 10 am to 3 pm on Mondays and Wednesdays from February 23 through April 13. All are welcome. To make an appointment, please call the front desk at 425-837-3339.



For those taxpayers comfortable using a computer, AARP Tax-Aide also offers a 100 percent online service. Go to https://www.aarp.org/money/taxes/aarp_taxaide and GET STARTED, Choose Prepare My Own Taxes Online with an IRS-certified Tax-Aide volunteer coach.

In Person Exercise Programs

S.A.I.L. (*Stay Active & Independent for Life*)

No Class March 18, 21, 23

S.A.I.L. is a fitness program approved by the Administration on Aging for fall prevention. Performing exercises that improve strength, flexibility, balance, and cardio is the single most important activity adults can do to stay active and reduce their risk of falling.

S.A.I.L. is a higher-intensity class designed for the more mobile adult, however chairs are an option to lower the intensity. Working at your own pace is encouraged. Please wear tennis shoes designed for exercise. If new, please arrive 15 minutes early so you can meet the instructor and get equipment.

MONDAY at 10:30 - 11:30 AM, WEDNESDAY & FRIDAY 9:30-10:30 AM

Instructor: Barbara Scott

Fee: \$50.00/10



Line Dancing with Barbara Scott

No Line Dancing Monday, March 21

Join Barbara Scott for country line dancing on Mondays at 1 pm. No previous dance experience is needed, but we will be on our feet for about an hour, so stamina and balance is necessary. Please wear comfortable clothing and shoes good for dancing. Also, bring some water. We will learn a new dance each week, as well as rehearse previous dances. Can't wait to do some Boot Scootin' Boogie-ing with you.

MONDAY at 1 - 2 PM

Instructor: Barbara Scott

Fee: \$5.00 - please bring exact change



YOGA

Yoga Alliance certified instructor Barbara Stevenson uses the Vinayaka approach of combining breath awareness with movement, as well as function over form, to make this class adaptable for each individual. No experience or flexibility needed. Equipment provided.

TUESDAY & THURSDAY 1:15 - 2:30 PM

Instructor: Barbara Stevenson

Fee: \$8.00/class

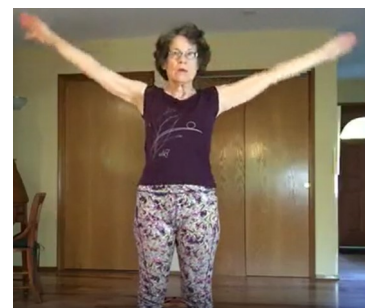
CHAIR YOGA

Chair yoga leads you through a gentle series of yoga poses done while seated or using a chair for balance and support. This yoga class focuses on incorporating your breath with movements to create strength, flexibility, and balance and promote a sense of calm and wellbeing. Reduce stress and try this ancient wellness practice.

TUESDAY 2:45 - 3:45 PM

Instructor: Barbara Stevenson

Fee: \$7.00/class

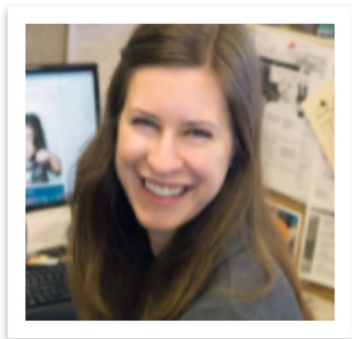


Individual Offerings and Mindfulness

Tech Help is available Tuesdays and Fridays!

Weekly: Tuesdays, 1-3 pm & Fridays, 9-11 am *No Tech Help March 1, 25*

All In Person Tech Help appointments are 30 minutes. Schedule by contacting the Front Desk at 425-837-3339.



Private Meeting with Social Worker

Fridays, 11 am-1 pm in person or by phone

Rebecca can help you navigate local resources and tackle a wide variety of issues and obstacles you may be facing. She helps older adults get groceries delivered, sign up for affordable housing, and more.

Call or text Rebecca at 206-395-9149.

Statewide Health Insurance Benefits Advisors (SHIBA)

Talk with a trained volunteer to answer questions in the areas of Medicare, Medigap, Medicaid and long-term care insurance. Call 8 am to 5 pm, Monday-Friday: 1-800-562-6900.

Panera Bread—Free-Tuesday at 11:45am

Every Tuesday morning when available, we receive a variety of day old bread from Panera. Drop by and pick up some bread.



Mindfulness Weekly Meetings—Hybrid (both in-person & Zoom)

We meet every Wednesday from 11am to 12pm at the senior center. Mindfulness reduces stress and increases relaxation, improves sleep, and lowers blood pressure. No experience or preparation required.



As a guide, we use the book, "The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive" by Kristin Neff and Christopher Germer.

Zoom Link: <https://us02web.zoom.us/j/4996438677>

SeaMar, Encompass, Pen Pals

SeaMar Visits Spanish Speaking Activities

Monday, March 7, 9 am to 2 pm

First Monday of the month

The Issaquah Senior Center is partnering with SeaMar to expand your friendship base! Invite your Spanish speaking friends and neighbors for conversation and games in Spanish. Enjoy lunch together with Clemencia from SeaMar. The programming is inclusive for Spanish Speaking Seniors to create new connections and offer learning opportunities. See you the first Monday each month.

Call Valerie at 206-779-2011 or Clemencia at SeaMar 425-373-6587



Encompass Support Groups

Encompass provides a safe place for grandparents hoping to share concerns and joys of raising grandchildren.

March 1, 5-7 pm, Our Savior Lutheran Church, 745 Front Street S, Issaquah. Enter at back door of church.

Come share dinner and kids activities. Time for adults to connect. Bring the kids!

Every Wednesday, 1 pm on Zoom - Encompass Grandparents Raising Grandkids Kinship Support Group meets weekly. Contact Laura Lewis at laura.lewis@encompassnw.org or 425-443-4175 for Zoom link and registration.



Pen Pals

There are dozens of high school students waiting for older adult pen pals! Some of the guidelines for this program include: Write two letters each month, one year commitment, re-matching option, monthly email with ideas of what to write, and a virtual orientation.

Brought to you by our partnership with Mt Si and Sno-Valley Senior Centers.

Questions or Registration

Val at 206-779-2011 or
valeries@soundgenerations.org

**FAR EAST SENIOR HUB OF
SNO-VALLEY, MT SI & ISSAQUAH
SENIOR CENTERS**

**SHARE LETTERS
WITH STUDENTS IN
OUR PEN PAL
PROGRAM**

**ARE YOU A SENIOR CITIZEN INTERESTED
IN LETTER WRITING? STUDENTS WOULD
LOVE TO CONNECT! WE NEED YOU!**

Email Val at valeries@soundgenerations.org

Art Workshops

Silver Kite Arts: Art Workshops

Join us for instruction of two art classes with step-by-step instructions presented by Silver Kite through King County Libraries System. The instructor is on Zoom and we interact with her and each other at the senior center.

Bring your own supplies to the senior center (listed below).

Call the front desk to register or if you want to attend from home, register at silverkite.us/kcls.

Beginning Drawing

Friday, March 4, 10:30 am - 11:30 am

During this interactive workshop, gain some basic drawing techniques as you learn how to draw landscapes.

Facilitated by *Kailan Bergstrom*

Supplies for Beginning Drawing Workshop

- Paper
- Pencil
- Eraser

Paint & Sip (Watercolors)

Friday, March 25, 10:30 am-11:30 am

Facilitated by *Nani Trias*

Supplies for Watercolor Workshop

- Watercolor paints
- Paint brush (1" flat brush and pointed round brush)
- Mixed media or watercolor paper
- Cup of water
- Painter's tape



Moving To A Simpler Life and Fall Prevention Workshop

Moving To A Simpler Life

March 15 & 22, 10 am to 1 pm with Free Lunch

Hosted by Elder Move Alliance. If your home is getting overwhelming, or you are ready to put time into yourself, your family, and your friends instead of your home and yard, this is the free seminar for you! Learn from experts what is involved in downsizing, and how to make your move to a simpler life as easy as possible!



Free lunch and door prizes both days.

Day 1: Overview of services: What services are available to help seniors? Want to age in place? How to straighten out your affairs so you will be ready. **Tuesday, March 15, 10-1**

Day 2: The move itself: What types of senior housing are available? Clearing out all the excess possessions, prepping the house, timing the sale, moving into the new, easier life, and hanging on to all that money your home just made you! **Tuesday, March 22, 10am-1pm**

Registration required at the front desk or call the office at 425-837-3339.

Falls Prevention Workshop

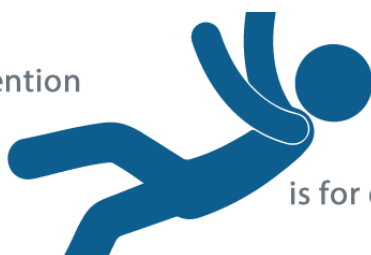
Wednesday, March 16, 1-2 pm

Have you or a loved one had a fall and you're hoping to reduce the likelihood of that happening again? Join us for a presentation provided by a fall prevention expert and doctor of physical therapy. The presenter will talk to you about personal and environmental factors that can contribute to your fall risk. She will also share some tips and tricks to improve your home safety and address the importance of mobility and exercise when it comes to reducing falls. Stick around at the end of the presentation for a fall risk screening performed by a licensed physical therapist and receive information on your fall risk and what you can do to prevent a fall to remain independent and mobile.

Presented by: Doctor of Physical Therapy Kelsey Chicvara, PT



Falls prevention



is for everybody

LOVE THE BARN? SO DO WE!

JOIN OUR TEAM

The City of Issaquah has exciting opportunities to join our small and dynamic Farmers Market and Events team.

Apply today!

- Take Part in Farmers Market Saturdays
- Assist with Weddings and Celebrations
- Support Corporate Events

Learn More: issaquahwa.gov/BarnJobs

Questions call Jera at 425-837-3328



Adaptive Gardening Solutions

Free In Person Workshop

Wednesday March 9, 2:30 – 3:30 PM

How to continue gardening through aging, disability, and illness by learning different techniques and tools to help you adapt. Gardening is hobby you can continue when you are living with decreased abilities.

This presentation will cover both commercial and adaptive gardening devices or techniques specifically designed for various groups experiencing barriers to gardening.



Join us in person at the Senior Center

Metro with Dave, Gathering for Dale Brown

Metro Day with Dave Visits the National Nordic Museum

Wednesday, March 16, 10:15am-4:50pm

The first Metro with Dave trip of the 2022 season will be on March 16th to visit the National Nordic Museum in Ballard! Lunch (on own) is recommended at the nearby Ballard Kiss Café or the Freya Café inside the Nordic Museum.

This trip requires 3 different bus routes so we will meet at the Issaquah City Hall stop at 10:15am and take ST #554 into Seattle, connect to Metro #40 to Ballard and to minimize walking, we will connect to Metro #44 once in Ballard for a short ride to the Nordic Museum. We should arrive just after 12:00noon. Enjoy lunch on your own and explore the beautiful National Nordic Museum at your own pace. To return back to Issaquah, we will take Metro #44 to the U District, the ST #556 to the Issaquah Transit Center and finally ST #554 to downtown Issaquah. We should arrive in downtown Issaquah by 4:50pm.

Bring money for lunch. Museum admission: Adult \$20, Seniors \$16. One way bus fare: Adult \$3.25 (ORCA), \$6.00 (cash), Seniors \$1.00 (RRFP ORCA), \$2.00 (cash). Don't forget, proof of COVID vaccination is currently required for all restaurants, proof of COVID vaccination or a negative COVID test (no later than 72 hours prior to visit) is required for the Nordic Museum. Face masks are required on all transit vehicles and in indoor spaces when not actively eating or drinking.

We hope to see you on March 16th for the first trip of 2022!



Celebration of Life for Dale Brown

Sunday, March 6 at 2 pm

On December 9, 2021, we lost a good friend, Dale Brown. His family invites everyone to celebrate Dale's life.

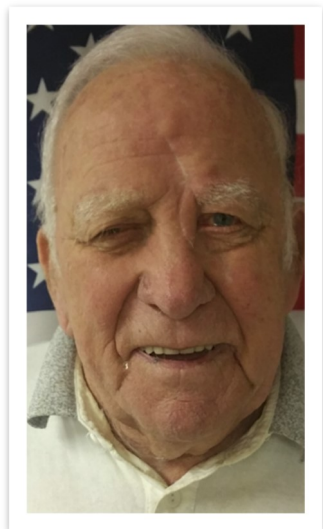
Join us at Dale's home located at:

24931 SE 30th St Sammamish, Washington, 98075

May He Rest in Peace

March 10, 1924 - December 9, 2021

Questions, call LeeAnn at 425-423-4521.



Excerpt from *Writing Your Family Story Workshop*

The Writing Your Family Story group meets on first and third Thursday of the month at 10 am. If you wish to submit a story contact Katharine at 425-837-3339.

Please Don't Scream Anymore and Other Dating Disasters

By Jan Pelroy

Dating when young can sometimes be dangerous especially if you don't know the person. I met Gloria and made the mistake of asking her what kind of movie she'd like to see. She said she liked horror movies. I knew there was one showing at the Paramount Theater. It seemed that I could at least wangle out a kiss for my efforts. On the fateful day we found seats towards the front of the theater. The lights went down, the newsreel began followed by cartoons. I had no idea what was going to happen when the main feature started. When the movie got intense Gloria screamed and other moviegoers began to laugh. Every time something was about to happen, she screamed, and I sank lower in my seat. I suggested that I could tell her when to not look. She said, "oh no" she loved the scary parts! I was so happy when the movie finally finished and the laughter over the screamer ended. That was my last date with Gloria.

A woman friend of mine from Alaska was attending business school in Seattle. We went on a date as just friends. When I brought her back to her apartment, a man about my size came out of the entrance. I quickly surmised that this must be her indignant boyfriend. I determined that he was about my size and I should be able to handle him with little trouble. I opened the car door and was ready to smack him as soon as he got close. As soon as he came around the corner of the car, he flipped open a switch-blade knife. The knife may not have been all that big, but it sure looked large to me. I backed up into the open car door and was trapped. I began using my silver tongue, we were just friends and he should put his knife away and let me go merrily on my way. He finally told me to get out of there, so I vanished. My next move was to go to the first phone booth a couple blocks away and call the police. He was arrested and received six months in jail and lost his dating privileges.



March 2022

City of Issaquah Senior Center Lunch Menu

Phone: 425-837-3339 Mon—Fri, lunches served 12-12:30 pm

Mon	CCS Lunch	Tue	CCS Lunch	Wed	City Lunch	Thu	City Lunch	Fri	City Lunch
Suggested Contribution is \$4.50 for 60+ years old & Cost is \$6.50 for under 60 years old. <u>First Come, First Serve</u>		1 Spaghetti with Beef Green Beans, Garlic Bread, Pears		2 Beef Burrito Lettuce, Tomato, Sour Cream, Guacamole		3 Chef's Salad Yogurt		4 Baked Fish Coleslaw, Fries	
7 Honey Dijon Chicken Potatoes, Beets, Peaches		8 Wild Rice Chicken Soup 1/2 Egg Sandwich, Oranges		9 Patty Melt Sandwich Tater Tots		10 Baked Pork Chops Mushroom Gravy, Mashed Potatoes, Green Beans		11 Seafood Soup Biscuits	
14 Vegetable Lasagna Green Beans, Sautéed Cinnamon Apples		15 Omelet Sausage Patty Hashbrowns Honey Dew Melon Apple Juice		16 Shepherd's Pie Corn Bread Fruit		17 Fried Chicken Strips Macaroni Salad Mixed Fruit		18 Crab and Shrimp Louie Roll	
21 Sweet and Sour Pork Vegetables, Rice, Fortune Cookie Ice Cream		22 Beef Barley Soup Caesar Salad Fresh Apple Ginger Snaps		23 Beef Lasagna Green Salad Garlic Bread		24 Swedish Meatballs Pasta Green Salad Roll		25 Jambalaya (Shrimp, Sausage & Rice) Biscuits	
28 Beef & Pepper Steak Brussel Sprouts, Pound Cake with Straw- berries Whip Cream		29 Swiss Cheeseburger Lettuce & Tomatoes Sweet Potato Fries Mixed Berries		30 Breakfast for Lunch Scrambled Eggs, Sausage Tater Tots		31 Meatloaf Mixed Veggies, Mashed Potatoes, Gravy		This Menu is subject to change. Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.	